

# Border Eagle

Vol. 53, No. 6

Laughlin Air Force Base, Texas

Feb. 11, 2005

## Newslines

### Harlem Ambassadors visit

Courtesy of the 47th Services Division, the Harlem Ambassadors will visit the Fitness Center March 9.

Tickets are now on sale at the Outdoor Recreation office, building 511.

Cost is \$2.50 for standing, ages 5 and above. For available seats, cost is \$5 for ages 5 and above and free for kids, 4 and younger.

To buy tickets or for details, call 298-5830.

### Park University registration

Park University will begin its registration Monday. Classes, which are offered in both on-line and on-site format, will begin March 14.

For more information, call 298-3061 or 298-5593.

### Tsunami victims fundraiser

The Laughlin Air Force Base Rising-6 Council is sponsoring a fund raiser on behalf of the American Red Cross Tsunami victims fund from now until Feb. 18. Specially marked containers are placed throughout the base for people to drop off donations. Containers are placed at places like the commissary, military personnel flight and the Base Exchange.

For questions or details, call Staff Sgt. Benjamin Ackerman at 298-4352 or Tech. Sgt. Ronald Hunter at 298-5993.

## Deployment stats

Deployed:	23
Returning in 30 days:	19
Deploying in 30 days:	14

## Mission status

Mission capable rate  
(As of Tuesday)

T-38C, 86.0%	T-1, 86.0%
T-38A, 73.4%	T-6, 94.5%



Photo by Tech. Sgt. Anthony Hill

Dave Harding, of the 47th Maintenance Directorate T-38 aircraft maintenance division, prepares to launch a T-38C Wednesday on Laughlin's flight line. A T-38 is launched every three minutes here, which contributes to Laughlin's busy flying training schedule.

## Laughlin marks 40 years of pilot training in T-38

By Tech. Sgt. Anthony Hill  
Public Affairs

Tuesday marked 40 years since the first student pilot class began training in the T-38 Talon at Laughlin.

The Talon arrived here in 1964 and replaced the T-33, which was phased out of the Air Force's undergraduate pilot training program.

On Feb. 8, 1965, Class 65-A started training in the T-38 here, and the aircraft has been a work horse in the wing's flying training program ever since.

Today, as part of Laughlin's specialized undergraduate pilot training program, T-38s average 90 sorties per day, said Phil Pulliam, Laughlin's T-38 aircraft maintenance division chief. He added that each T-38 also averages about 374 hours of flying here per year.

Mr. Pulliam, who started T-38 maintenance at Craig Air Force Base, Ala., in 1975, said back then T-38s flew more than 200 sorties per day.

According to Laughlin historian records, T-38s have logged more than 1.5 million hours and 1.1 million sorties since the first class began training in it here. That group, Class 65-A, graduated on Aug. 4, 1965. Since then, more than 10,000 students who trained in the T-38 here have graduated, including nearly 750 international student pilots.

"Considering the amount of flying it does and over the test of time, the T-38 has proven to be a reliable and cost-effective system," said Mr. Pulliam.

The T-38 is the Air Force's primary phase three jet used to train students who go on to excel in fighter and bomber aircraft, said Lt. Col. Russell Mack, 87th Flying Training Squadron commander.

"It is an excellent platform to teach students the fundamentals of tactical aviation such as formation and low-level flight," he said.

Over the past decades, the T-38 has been used in a variety of other

flying programs. From advanced Joint SUPT and the Euro-NATO Joint Jet Pilot Training Program to the National Aeronautics and Space Administration's use of the aircraft as trainers for astronauts and observers, and chase aircraft for the space shuttle, the T-38 has performed a versatile role.

"This is one system where we definitely got the bang for the buck," said Al Plouffe, T-38 maintenance superintendent here. "This aircraft was certainly made for the high operations tempo and training environment we have here."

Mr. Plouffe, who has performed maintenance on T-38s for the past 30 years, said the aircraft is highly maintainable.

"As the aircraft grow older we depend on our own devices to maintain them," he said. "Our own self-sufficiency is what keeps them performing so well."

See '40 years,' page 5

# IGs: Serving as commanders' eyes, ears

## Commander's Corner

By Lt. Col. Tom Lukenic  
47th Flying Training Wing  
Inspector General

After our recent ORI, the base has probably had enough comments about IG. But a common misconception throughout the wing community is what role the base Inspector General plays.

For many, the IG equates to inspection – and on many bases where the “IG” function is combined with the Exercise Evaluation Team, that may certainly be the case. But the primary focus of a base IG inspector is really that of an inquiries and complaints office – in the civilian world it would be akin to a union grievance counselor.

The base IG's prime responsibility is to ensure a credible system by responsive complaint investigation, and maintain a fraud, waste and abuse program characterized by objectivity, integrity and impartiality.

The IG ensures that the concerns of all complainants and the best interests of the Air Force are addressed through objective fact finding and rigorous complaint analysis.

While the IG's door is open for anyone at anytime to address an issue, our office always stresses to the individual member the importance of utilizing their chain of command first as the primary instrument of complaint resolution.

Once a complaint is received by my office, either via telephone or in person, we conduct a formal complaint analysis to verify the facts, ensure the complaint really is an IG issue, and whether a formal investigation is warranted.

About 90 percent of all complaints that my office receives end up not being investigated because

Lt. Col. Tom Lukenic, 47th Flying Training Wing Inspector General, receives a complaint phone call Wednesday. Members should note that the IG is here to help resolve problems and a member cannot be punished for making complaints to the IG in person or by calling 298-5638.



Photo by Airman 1st Class Olufemi Owolabi

they fall outside the normal realm of IG matters. These include civilian personnel issues, pay problems, landlord issues, medical problems, spousal issues, criminal actions and a wide range of other areas that fall outside IG investigative jurisdiction.

During the complaint-analysis portion of the investigation these issues are resolved and the proper method of addressing the issue is determined. To that end, my office will refer the matter to the proper agency and inform the member in writing.

The most serious investigation our office conducts is a reprisal investigation — for a reprisal case to be valid, the complainant must have made some form of “protected communication,” that is, visited the base Military Equal Opportunity office, and because of that protected communication some type of adverse action resulted (poor performance report, denial of award).

Reprisal cases are serious matters and require coordination with my office and the base judge advocate to formalize the complaint into a series of actual, specific allegations that can be investigated.

Once framed, these allegations become the basis for the formal investigation, and as such can only be ‘substantiated’ or ‘not

substantiated.’ The IG makes no recommendations for punishment.

Other complaints that usually warrant a full investigation include improper mental health referrals, improper restriction and any matter related to a charge against a colonel. For matters involving more senior officers, SAF/IG will conduct the investigation with their own staff.

My office also serves as the base focal point for any and all congressional inquiries we receive. These are tracked very closely by my colleagues at Headquarters Air Education and Training Command, and they require entries into the master database file we use to lodge any and all complaint actions.

Matters involving fraud, waste and abuse are also investigated through my office.

Complaints can be made to my office in person or if the member so decides, by phone, email or in writing. You cannot be punished in any way for making a complaint to the IG.

The base IG serves as the commander's eyes and ears, and is here to help you resolve your problems in the most expedient way possible.

If you have an issue that is bothering you and would like to discuss it please stop by my office anytime, or call 298-5638.

## Border Eagle

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Editor

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### Deadlines

News for the Border Eagle should be submitted to the 47th Flying Training Wing Public Affairs Office, Bldg. 338, Laughlin AFB, TX, 298-5262. **Copy deadline is close of business each Thursday the week prior to publication.**

Submissions can be e-mailed to: [olufemi.owolabi@laughlin.af.mil](mailto:olufemi.owolabi@laughlin.af.mil) or [sheila.johnston@laughlin.af.mil](mailto:sheila.johnston@laughlin.af.mil).

### Advertising

Advertising should be submitted to the Del Rio News-Herald, 2205 Bedell, Del Rio, TX, 774-4611. Advertising should be submitted by 4 p.m. each Friday.



Force Development: Changing the education mindset



By Gen. John P. Jumper  
Air Force Chief of Staff

Over the past few years, we have initiated a number of educational initiatives for Force Development, focusing on changing the way we develop and train our people to meet the challenges of the Expeditionary Air Force. Force Development takes a deliberate approach to providing Airmen the training and experience they need to succeed in delivering air and space power now and in the future. We must make sure Airmen get the training and education required for their specialty or area of expertise. If you need additional education or training – you will get it.

This mindset is a significant change, especially for officers. For years, master’s degrees had a significant impact on promotion potential. This must change – our focus should be on deliberate development and not “square filling.” Education must be tailored to benefit Airmen in doing their jobs. Promotion is, and will continue to be, determined by your performance and demonstrated leadership potential to serve in the next higher grade.

Beginning January 2005, we will remove all academic education information, including bachelor’s degrees, from all Line of the Air Force (LAF) and Judge Advocate General (JAG) promotion boards through the rank of colonel. The Guard and Reserve components will implement the same procedures beginning with boards convening after January 1, 2006.

All Airmen should receive some form of development to assist them in their duties in higher grades and levels of responsibility. We will provide the right development venues to meet both Airmen and Air Force needs. At the

same time, I’m not discouraging you from pursuing an advanced academic degree on your own. We will continue to offer tuition assistance and operate educational support offices at each base. Advanced academic degrees will no longer be a factor in the promotion process – at any level of the process: rater, senior rater, management-level, or the promotion board. The Air Force’s emphasis is on job performance and for providing Airmen the right opportunities for advanced education when it is required.

This new policy will not affect chaplain and health profession officers. Due to certification requirements, we need to continue showing academic information for these officers.

The goal is clear – develop professional Airmen who will collectively leverage their respective strengths to accomplish the Air Force mission. You make our Air Force the best in the world. We owe it to you to provide the skills and education you need to continue to excel.

Actionline

Col. Tod Wolters

47th Flying Training Wing commander

Call 298-5351 or email

actionline@laughlin.af.mil

This column is one way to work through problems that haven’t been solved through normal channels. By

including your name and phone number, you are assured of a timely personal reply. It’s also useful if more information is needed to pursue your inquiry. We will make every attempt to ensure confidentiality when appropriate.

Before you call in or e-mail an Actionline, please try to work out the problem through the normal chain of command or directly with the base agency involved. Please keep e-mails brief.

If your question relates to the gen-

eral interest of the people of Laughlin, the question and answer may also be printed in the Border Eagle.

Thanks for your cooperation, and I look forward to reading some quality ideas and suggestions.

Below are some useful telephone numbers that may be helpful when working your issue with a base agency.

AAFES	298-3176
Finance	298-5204
Civil Engineer	298-5252
Civilian Personnel	298-5299

Clinic	298-6311
Commissary	298-5815
Dormitory manager	298-5213
EEO	298-5879
FWA hotline	298-4170
Housing	298-5904
Information line	298-5201
Legal	298-5172
MEO	298-5400
Military Personnel	298-5073
Public Affairs	298-5988
Security Forces	298-5900
Services	298-5810

Cutting into traffic

**Question:** This may be considered as “venting” but I feel that it’s about time something is done about preventing people who are in such a hurry to get to work that they feel it’s necessary to cut in line at the front gate or be so rude as to force themselves upon others by not obeying the laws of traffic.

On arriving at the back of the line Jan. 24, (directly under the warning sign of “Caution, flashing lights means slow moving traffic” at the top of the hill at approximately 7:15 a.m. it took until 8:14 a.m. to make it through the front gate. Reasons unknown except... numerous cars and trucks (in some cases) “forcing” themselves into the line of traffic coming into the gate.

However, what made that much more offensive to those that waited in line coming down the hill, was the individual who could not wait for either line. Instead, this person traveled along the line coming onto the base and made a right hand turn into the base ahead of traffic waiting to cross Highway 90 and entered the line.

Can security forces station at least one person at the intersection to, at least, write down license numbers of those who cannot obey the traffic laws and then turn those numbers over to the DPS for tickets? Or, what about requesting a modification to the security guard contract for the same thing to be done? Would it be prevented by “jurisdiction” issues and, if so, could you request DPS station an officer there, say between the hours of 6:30 and 7:30 a.m.?

Clearly, something has to be done.

**Response:** The Security forces understand that congestion at our main gate continues to be a frustrating issue for many members of Team XL. Compounding this problem are individuals who insist on breaking the law and compromising the safety of other motorists to shorten their travel time to work by a matter of a few minutes.

Unfortunately, jurisdictional issues prevent us from posting our people outside the installation to prevent this problem. Our partners in the local law enforcement community do, on occasion, conduct selective enforcements on this particular area. However, due to their own manning and operational constraints, this cannot be an everyday post for them.

What Team XL members can do to

assist security forces in controlling this problem, is to simply write down the license plate numbers of those individuals who commit illegal or unsafe acts and either give them to the installation entry controllers, or drop them off at the law enforcement desk, building 139, and we will forward their information to their commanders.

Also, to help alleviate congestion at the main gate, personnel are reminded that the west gate is open from 6 to 9 a.m. and traffic there is normally considerably lighter. We appreciate your query and the continued involvement of Team XL to make Laughlin a safer place to live and work. Please see the community calendar for a listing of youth activities.

## AETC commander speaks on mission impact, global operations

By 2nd Lt. Sheila Johnston  
*Public Affairs*

The Air Education and Training Command commander spoke Jan. 29 to airpower enthusiasts and AFROTC cadets at an Air Force Association dinner in Fort Worth, Texas, about the state of AETC and how its mission contributes to international operations.

With many Airmen deployed from across the Air Force, General Donald G. Cook explained how AETC's Airmen and those who've passed through AETC are contributing to current operations around the globe.

AETC is working to provide necessary systems and people who will ensure sustained victory against threats at home and abroad, said General Cook.

"Our primary mission is to sustain the combat capability of our Air Force by producing mission-ready expeditionary-minded Airmen."

This is mirrored in Laughlin's mission statement: Through trust and teamwork, train expeditionary airpower experts to fight and win America's wars.

General Cook said, AETC will continue to replenish an air and space force that can simultaneously preserve the United States homeland and defeat enemies overseas.

"In just our flying courses alone, we train approximately 20,000 aircrew members every year, each of whom goes on to make significant contributions to our nation's defense," said General Cook.

This includes the 400+ student pilots Laughlin graduates on average each year, as well as the instructor pilots who are trained at Randolph Air Force Base to return here to share their skills.

The general also talked about other types of training.

"Each year, we graduate about 480 working dogs who are then deployed across the globe to aid in explosives and drug detection, as well as search, rescue and recovery efforts. On any given day, we have approximately 200 dog teams serving in Op-



*Courtesy photo*

**Gen. Donald G. Cook, Commander of Air Education and Training Command, presents Cadet Major Jessica Waddle, assigned to Air Force ROTC Detachment 845 at Texas Christian University, an Air Force Association Medal of Merit on Jan. 29 in Fort Worth, Texas.**

erations Iraqi Freedom and Enduring Freedom, and 360 teams serving at over 80 airports throughout the country."

General Cook also spoke about the modernization of Air Force aircraft and equipment.

"In AETC, we are taking vital steps to implement modernization efforts with programs like the F/A-22 and C-130J... while we also convert our fleet of pilot-training airplanes with the T-6A Texan II and the T-38C."

He further explained how the T-38, despite being 40 years old, is its own replacement.

"That's because over the last several years, we've modernized this superb trainer, and it will now last us for another 20 years," he said.

The 47th Maintenance Division

is fully immersed in these transitions since they received the first T-38C in July 2004 to train with and learn about the upgrades. This training allows them to provide the necessary support to the 87th Flying Training Squadron which actually flies the aircraft. Also, Laughlin is the first AETC base to fully transition to the T-6A.

To demonstrate the total-force concept, General Cook talked about the integration of Reserve and Guard components with active-duty units and training.

"In AETC, Guard, Reserve and civilian forces are woven into nearly every aspect of our day-to-day operations, and we couldn't get the job done without them... For example, at our undergraduate pilot training units, the instructor force is augmented by a large component of full- and part-time

Reservists," he said.

With a base population of 3,046, Laughlin exemplifies this standard with a permanent-party military population of 904 and a civilian workforce of about 1,744. This does not include student pilots or the almost 90 Reserve instructors assigned to the 96th FTS and supporting SUPT across the operations group.

General Cook also spoke about taking care of Airmen to support and sustain a well-integrated force.

"We know that we place great demands on our Airmen. Our increased operations tempo and deployment cycles take a heavy toll on the Airmen who are deployed and the families and co-workers who are left behind."

He went on to explain the "wingman mindset" and keeping focus to take care of one another. He explained how Air Force chaplains and physicians collaborated to establish a model for health and well-being.

The "Four Dimensions of Human Wellness," as the model is called, asserts that an Airman's well-being is secured by physical, emotional, social and spiritual anchors.

"We encourage our Airmen to attend to these anchors in order to maintain a healthy balance in their lives... But, we are not only concerned about the well-being of our forward deployed air-warriors—we're also attentive to the needs of the Air Force families that remain behind," said General Cook.

For example, he said, Lackland Air Force Base, traditionally having more deployed members than any other base in the command, has a "Wingman Program" where families of deployed members are matched up with the members' co-workers to ensure each family has a way to get information and help while their loved one is away.

"The 'Wingman Program' is just one of many examples that demonstrate our concern for our people. And, we will continue to build upon these initiatives to help us sustain a high-quality force for the foreseeable future," said General Cook.

40 years, from page 1

The ability to turn the aircraft quickly and prepare them for their next sortie is one of the best aspects of the T-38, said Mr. Pulliam. “That’s why they’ve been around for such a long time,” he said.

Look for the T-38 to be around a little longer as it is part of a program designed to extend its structural life to 2020. It is currently being modified to the C-model, which includes digital avionics upgrades and a state-of-the-art cockpit.

“This upgrade closes the gap on technology and provides a more realistic trainer for our future career Air Force pilots,” said Colonel Mack. “The enhanced avionics will allow us to train students to be better sysetms managers, much like what they will learn to be in their follow-on aircraft.”

Laughlin is one-third of the way through to completing the C-model upgrades. However, the T-38 is in a continually evolving process, said Mr. Pulliam.

Future plans for the T-38 include the propulsion modification program, modifying the engine to give the aircraft more thrust. Four of Laughlin’s T-38s are currently at Randolph undergoing that process.

As a result of the PMP change, the pilots will have an improved safety margin for take offs, especially in high temperature conditions that thrive here.

In addition to getting more thrust, the aircraft is also planned to go through an escape system upgrade to improve the egress system, and an improved breaking system program for the aircraft’s stopping capability.

Laughlin currently has 78 T-38s in its inventory (48 T-38As and 30 T-38Cs), ranging from 1961 to 1970 models.



# Wildlife abounds at Laughlin, in Del Rio

By 1st Lt. Michael McCullar  
47th Civil Engineer Squadron

Enjoying the outdoors and observing wildlife is a wonderful pastime Laughlin members enjoy. The opportunity to view wildlife is one reason why many people enjoy the outdoors.

When viewing wildlife, Laughlin members are encouraged to keep three things in mind: keep a safe distance from wild animals, wildlife can be unpredictable, and keep wildlife wild.

It is best to enjoy wildlife at a responsible distance to avoid endangering the animals or yourself.

How close is too close? Most wildlife experts recommend keeping at least 25 to 100 yards away from larger wild animals.

Don't feed wild Animals.

Wild animals that receive food from humans just once may still become aggressive at any moment. Animals accustomed to human food may eat plastic,

aluminum foil or other wrappings found in garbage and causing severe damage to the animals' digestive system or even death. Food intended for people can cause tooth decay, ulcers and malformation of horns, arthritis or other diseases in wild animals.

Human conflicts with large predators such as mountain lions usually receive heavy media coverage.

However, most conflicts that result in human injury involve other species of wild animals.

Human injury often occurs when an animal responds to a perceived threat with instinctive "fight or flight" behavior.

Understand that animals living in Laughlin's woodland and hunting areas on base are wild; although some may look or act tame they can change quickly and unpredictably from passive or "friendly" to aggressive behavior.

Joggers running on the base nature trail need to be aware that

most predators such as mountain lions, hunt at dusk to dark.

Pet owners should also be cautious about leaving pets (especially small ones) out at night.

If an animal approaches you or your family, it is your responsibility to stay calm, pickup small children, and move away (do not run or turn your back) to maintain a safe distance. Send a clear message that you are not potential prey - do not run or turn your back to the animal, this submissive act may cause it to attack.

Explain to children the differences between wild and domestic animals so they will know why it is important not to approach, touch or feed the wildlife. For their own safety, children should always be within close reach and sight of guardians, and avoid playing in or near dense cover.

Popular wildlife species at Laughlin include white-tailed and desert mule deer, turkey, javelina, bobwhite and scaled quail, and white-winged and mourning

dove. Other wildlife include bobcat, coyote, puma (mountain lion), gray and red fox, raccoon, opossum, ringtail, porcupine, armadillo, cottontail and jackrabbit, skunk, fox squirrel, beaver, badger, and several species of bats and snakes.

You are responsible for your own safety as well as the safety of wildlife.

If you see a wild animal behaving aggressively toward people or pets, contact the 47th Civil Engineer Squadron's customer service at 298-5488 or 298-5489 as soon as possible.

If it is after 4 p.m. on a weekday or weekends call 298-5398.



**The Air Force  
rewards  
good ideas with  
money.  
Check out the IDEA  
Program data  
system at  
[https://ideas.  
randolph.af.mil](https://ideas.randolph.af.mil)  
or call  
Tech. Sgt.  
Thomas Mayo at  
298-4355.**

Heavy Equipment

# President Bush announces new focus in post-election Iraq

By John Banusiewicz  
American Forces  
Press Service

WASHINGTON — U.S. troops in Iraq will step up their efforts in training Iraqis to provide for their own country's security, President Bush announced here tonight in his State of the Union message.

The president hailed Iraq's successful Jan. 30 election, and said the new political situation calls for a new phase in U.S. military strategy.

"At the recommendation of our commanders on the ground, and in consultation with the Iraqi government, we will increasingly focus our efforts on helping prepare more capable Iraqi security forces — forces with skilled officers, and an effective command structure," Bush said. "As those forces become more self-reliant and take on greater security responsibilities, America and its coalition partners will increasingly be in a supporting role. In the end, Iraqis must be able to defend their own country — and we will help that proud, new nation secure its liberty."

Bush said Iraq's successful election shows the world the violence in Iraq is not aimed solely at foreign military forces. "The terrorists and insurgents are violently opposed to democracy, and will continue to attack it," he said. "Yet the terrorists' most powerful myth is being destroyed. The whole world is seeing that the car bombers and assassins are not only fight-

ing coalition forces, they are trying to destroy the hopes of Iraqis, expressed in free elections. And the whole world now knows that a small group of extremists will not overturn the will of the Iraqi people."

The Iraqi people want freedom, Bush said, as evidenced by their willingness to vote despite a campaign of intimidation waged by terrorists. "Americans recognize that spirit of liberty, because we share it," he said. "In any nation, casting your vote is an act of civic responsibility. For millions of Iraqis, it was also an act of personal courage, and they have earned the respect of us all."

Much remains to be done in Iraq, Bush said, and decisions about when U.S. forces can return home must rest on their work being complete. A timetable for withdrawing U.S. and coalition forces would only result in terrorists waiting out the schedule, the president said.

"We are in Iraq to achieve a result: a country that is democratic, representative of all its people, at peace with its neighbors, and able to defend itself," he said. "And when that result is achieved, our men and women serving in Iraq will return home with the honor they have earned."

Bush praised the men and women serving in America's armed forces.

"Right now, Americans in uniform are serving at posts across the world, often taking great risks on my orders," he said. "We have given them training and equipment, and they have given us an example of idealism and character that makes every American proud. The volunteers of our military

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**"Some of our servicemen and women have survived terrible injuries, and this grateful country will do everything we can to help them recover. And we have said farewell to some very good men and women, who died for our freedom, and whose memory this nation will honor forever."**

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—President George W. Bush—

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are unrelenting in battle, unwavering in loyalty, unmatched in honor and decency, and every day they are making our nation more secure."

The president promised help for wounded servicemembers and vowed that the nation will remember those who have died. "Some of our servicemen and women have survived terrible injuries, and this grateful country will do everything we can to help them recover," he said. "And we have said farewell to some very good men and women, who died for our freedom, and whose memory this nation will honor forever."

In the audience were the parents of Marine Corps Sgt. Byron Norwood of Pflugerville, Texas, who was killed during the assault on Fallujah in November 2004. They received by far the strongest ovation during the president's 53-minute address when Bush quoted from a letter Mrs. Norwood wrote to him after her son's death. In it the sergeant was proud to be a Marine and to be serving on the front line in the war against terror.

"She wrote, 'When Byron was home the last time, I said that I wanted to protect him like I had since

he was born,'" Bush said, quoting the letter. "He just hugged me and said, 'You've done your job, Mom. Now it's my turn to protect you.'" The president introduced Janet Norwood and the sergeant's father, Bill, saying the family represents "freedom's defenders and our military families."

Iraq is a vital front in the war on terror, which is why the terrorists have chosen to make a stand there, the president said.

"Our men and women in uniform are fighting terrorists in Iraq, so we do not have to face them here at home," he said. "And the victory of freedom in Iraq will strengthen a new ally in the war on terror, inspire democratic reformers from Damascus to Tehran, bring more hope and progress to a troubled region, and thereby lift a terrible threat from the lives of our children and grandchildren."

Though military strategy is adapting to circumstances, the nation's commitment remains "firm and unchanging," Bush said.

"We are standing for the freedom of our Iraqi friends," he added, "and freedom in Iraq will make America safer for generations to come."

## XLer named as one of EEO winners

WASHINGTON — The winners of the 2004 Air Force Distinguished Equal Employment Opportunity Awards were announced recently by the Air Force deputy chief of staff for personnel.

Joni Jordan, 47th Flying Training Wing civilian personnel specialist, garnered the Black Employment Program Award.

The awards recognize individuals for outstanding support and contributions to the objectives of the Air Force civilian EEO and affirmative employment programs.

Other 2004 winners are:

—Commander Action Award: Lt. Gen. James E. Sherrard III, of Air Force Reserve headquarters here.

—Management Action Award: Stephen Korn, of Eglin Air Force Base, Fla.

—Complaint System Award: Kenneth Stenzel, of Goodfellow AFB, Texas.

—Federal Women's Program Award: June Biancalana, of Hill AFB, Utah.

—Hispanic Employment Program Award: Barbara Garcia, of Hill.

—Selective Placement Program Award: Jean Jodlowski, of Tinker AFB, Okla.

(Courtesy Air Force Print News)

# Largest recruit program class graduates in Iraq

BAGHDAD – The Direct Recruit Replacement program graduated its largest class of Iraqi Army recruits to date Saturday at Numaniyah, Iraq.

The program, run by Multinational Security Transition Command Iraq, began in November 2004. The 2,867 graduates will serve with the 3rd and 5th Divisions of the Iraqi Army.

The DRR program “allows us to provide soldiers with prior military experience to rapidly fill unforeseen vacancies in the Iraqi Army,” said Col. Fred Kienle, coalition military assistance training team chief of staff.

“It helps get units up to good strong fighting strength and provides us a way to do it quickly. These DRR soldiers

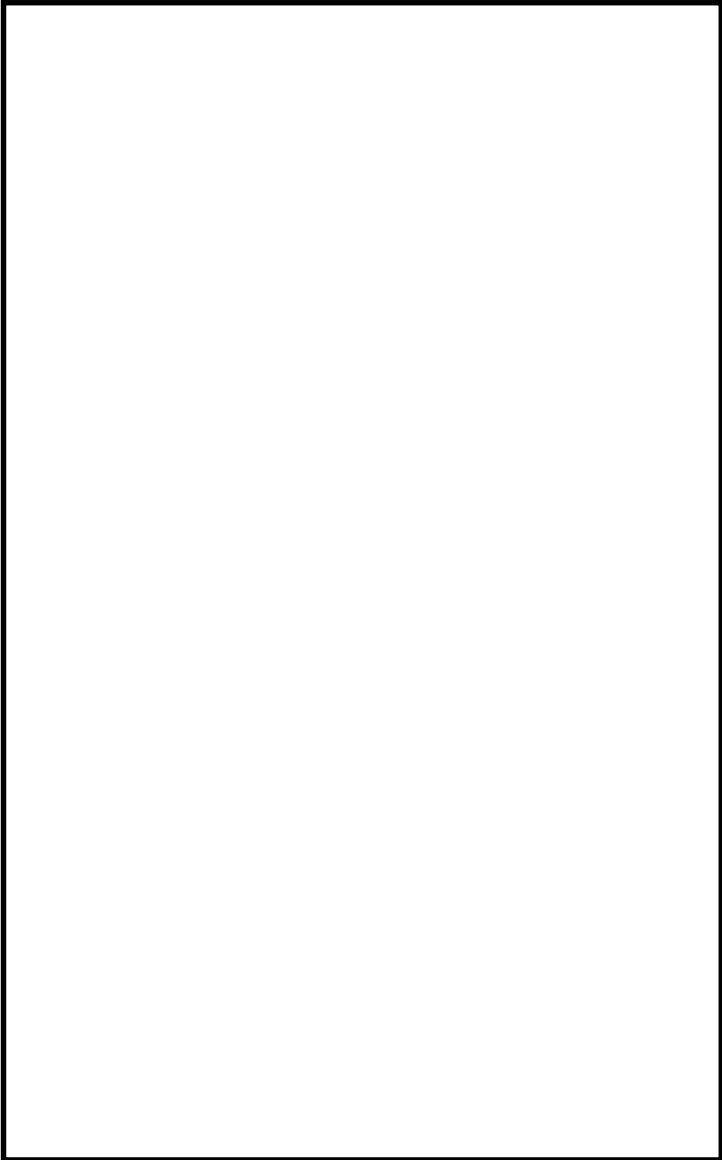
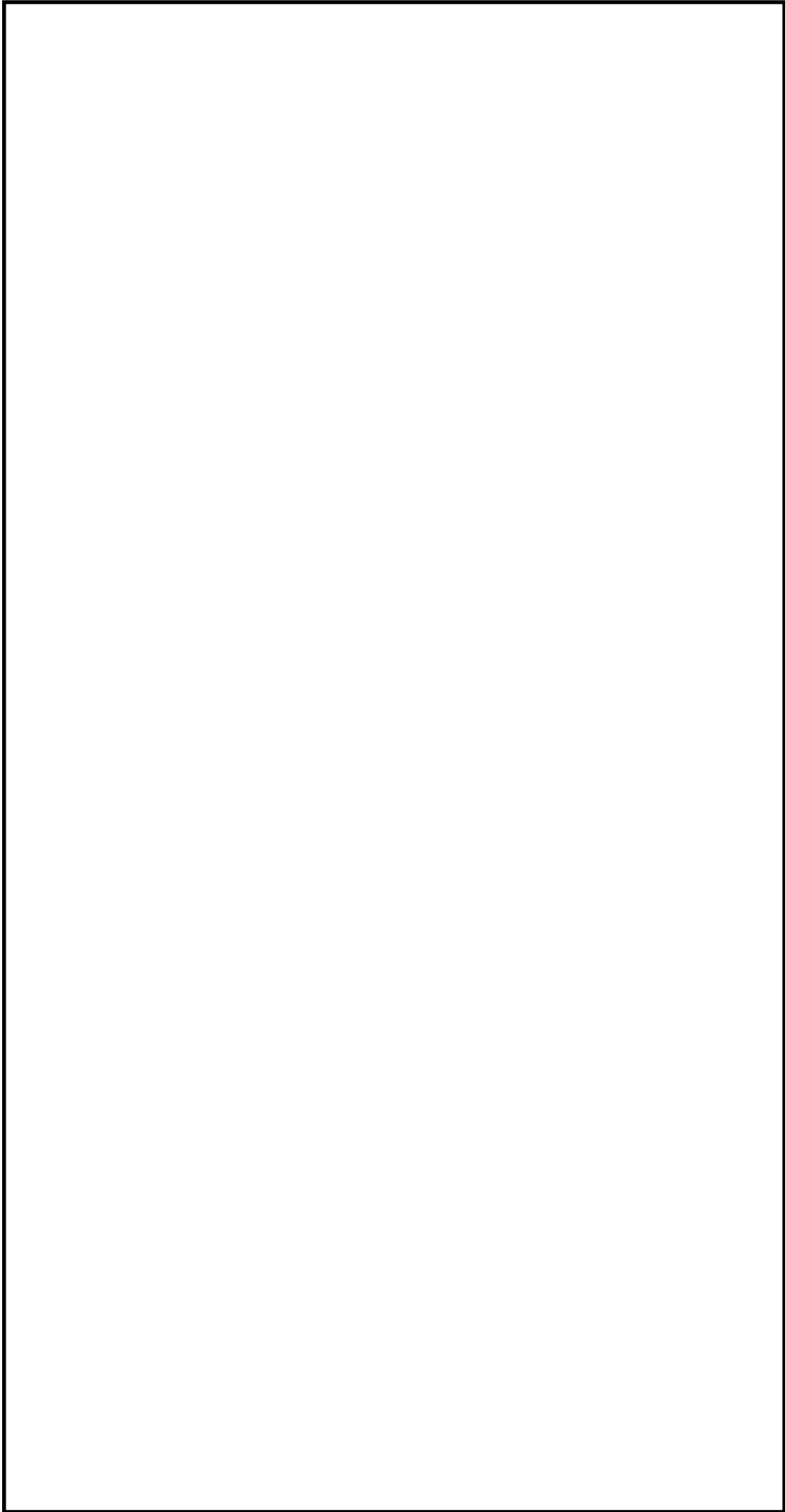
tend to have a strong will to fight,” he added.

An even larger class of the DRR program totaling 3,500 recruits is scheduled to begin mid-February.

The DRR recruits typically have prior military experience and attend a three-week course run by the Iraqi Army 5th Division. The recruits learn about the opportunity through notices and word of mouth in local Iraqi communities.

The DRR course trains the prior military recruits in weapons, security procedures, patrolling, checkpoints, first aid, and basic field and fighting skills.

*(Courtesy American Force Press Services)*





# DoD seeks people with language skills, regional expertise

By Donna Miles  
*American Forces Press Service*

WASHINGTON — If you speak a foreign language or have the desire and aptitude to learn one, Uncle Sam wants you.

The Defense Department is on the lookout for people with language skills to support not only current operations, but future ones as well, according to Gail McGinn, deputy undersecretary of defense for plans.

And just as important as language skills, she said, is an understanding of other countries’ geographies, cultures and people.

The military has the greatest language and cultural expertise in four primary languages: German, French, Spanish and Russian, McGinn said during an interview with the Pentagon Channel.

But when the terrorist attacks of Sept. 11, 2001, thrust the United States into the war on terror, the department simply didn’t have enough linguists fluent in Arabic or in Dari and Pashtu, the languages of Afghanistan, she said.

McGinn said the revelation has been described as a “Sputnik moment.” When the Soviets launched Sputnik, the first satellite, in 1957, the United States quickly began promoting math, science and language in its schools so it could play catch-up.

Similarly, after 9/11, the United States recognized its language deficiencies for certain parts of the world. “The global war on terror ... made us realize that we need these capabilities, and we need people to have these skills,” she said.

Language and cultural skills help servicemembers interact with the local people, McGinn said. Civil affairs spe-

cialists and interpreters deployed throughout Iraq are demonstrating the value of those skills daily as they interact with local citizens and their leaders.

“I think you can see, just from that set of activities, how important it is to have the ability to communicate in the language of the country that you’re in,” McGinn said.

To help boost language skills within the military, McGinn said, DoD has launched or plans to introduce several new initiatives:

- Increased the Defense Language Institute’s budget by more than \$50 million to go toward curriculum development and improved foreign language testing, to develop more “crash courses” for developing troops, and to begin training students to higher levels of proficiency.
- Received legislative authority to increase foreign language proficiency pay for military linguists from the current high of

\$300 a month to a top rate of \$1,000.

- Pays stipends to college students involved in regional studies and language studies who agree to seek jobs within the U.S. national security establishment, through the National Security Education Program.

- Established the National Flagship Language Initiative, in which colleges and universities offer advanced language training in Arabic, Korean, Chinese and Russian to students who agree to work for the national security establishment.

- Initiated a pilot program within the Army encouraging Iraqi Americans to join the Individual Ready Reserve, providing a pool of Arabic linguists, ready when needed.

- Will survey members of the current force, both military and civilian, to determine who has language skills that could prove useful in current or future operations.

— Issued a white paper encouraging the United States to promote the emphasis placed on language skills nationwide.

— Promoted the development of technology with language and translation software.

— Is considering establishing a database in which American citizens can register their language skills or sign up for a civilian linguist reserve corps that could contribute to national language requirements as needed.

“We’re working on a lot of those initiatives to try to ... anticipate the unanticipated,” McGinn said.

She sees the new initiatives as solid first steps in changing the importance DoD places on foreign language skills.

Integrating foreign language and regional expertise into the military mindset will have far-reaching implications, McGinn said, affecting “the way we conduct operations and the way we conduct ourselves in the world.”

# Former enlisted advisor returns to Laughlin

Retired chief gets close look at new facilities, visits Airmen

By Tech. Sgt. Anthony Hill  
Public Affairs

Fifteen years ago, John Stocks was a chief master sergeant and Laughlin’s senior enlisted advisor who was nearing retirement from active duty service in the Air Force.

Today, he and his wife Jan live in the small northeastern Georgia town of Martin.

The former enlisted advisor returned to Laughlin on Wednesday for the first time since retiring here in 1990 as he and his wife Jan were on a 70-day vacation and celebrating her retirement from 37 years of civil service.

The couple made a similar trip a couple of years ago, but this time decided to swing by Laughlin and visit the base where he ended his 30-year Air Force career.

Looking back at the years he spent at Laughlin, Chief Stocks said it was a wonderful experience, and to end his career as the advisor here was the height of his 30 years.

“I was in Recruiting Service for a long time and thought that was the epitome,” he said. “But, this was the place to be. It was the job to have, and I thoroughly enjoyed it.”

During his time here, the base had a fully-staffed hospital and a noncommissioned officer leadership school. He saw the implementation of the base emergency action network, which is currently the commanders access channel. He also created the Top Three organization here.

As he toured Laughlin on Wednesday and talked with members of the different sections he visited, he emphasized there were many changes to the base since he left.

“We had almost 5,000 enlisted people here versus the 500 here now,” he said. “When I arrived here, there were 33 chief master sergeants and 13 first sergeants on base. There weren’t a lot of things for young, single enlisted people to do here. But, we did the best we could to focus activities on the base and help them have a good time.”

The chief said that the base facilities here now are unbelievable. “There are still some old ones here,” he said, “But everything is state-of-the-art.”

Chief Stocks said he was impressed with the people he met here.

“Everyone was positive and upbeat,” he said. “To come out and talk to the people here and just see the way they dress and what they think about their Air Force careers would bring tears to civilians’ eyes. This is what (civilians ) don’t see.”



Photo by Tech. Sgt. Anthony Hill

**Retired Chief Master Sgt. John Stocks, former Laughlin senior enlisted advisor, stops by the military personnel flight and finance customer service counter during a tour of base facilities Wednesday.**

He said that he believes all (enlisted members) should aspire to be a chief master sergeant. “It’s a one percent opportunity,” he said.

The former enlisted advisor said it still seems this is a marvelous place to be and it makes him glad that he was part of the Air Force at one point in time.

His wife Jan agreed. “The Air Force is a family and everyone (seemed) proud to be a part of that family,” she said.

The chief sees today’s Air Force as a much faster environment now.

“We didn’t have any information technology,” he said. “Today, everything is automated.”

He said that as a high school dropout who knew everything, he was promised three hots and a cot when he came into the military.

“Thirty years later, I retired as a chief master sergeant with a college education,” he said. “How much more would you want besides all the things learned and the friendships made?”

The chief said he was destined to be in the Air Force because he liked the controlled environment and traditional military values, “which meant things getting done where there were a thousand good reasons not to do them.”

For someone who has five generations of military service within his family, Chief Stocks takes

pride in what it means to serve. His family members have served from World War I to the current War on Terror.

“If there’s an armed conflict and you’re a career-oriented active duty person, you really need to go,” he said. “That’s why you’re here. That’s why you put the uniform on and do what you do.”

Words of advice are common for the retired chief, especially as a former senior enlisted advisor.

“You usually hear when someone retires, ‘Well, you take care of my Air Force,’” he said. “Well, when I left 15 years ago, it became someone else’s Air Force. And I would just ask them to do as much as I did.”

Chief Stocks said he had a saying that related to getting on a bus and compared it to learning and advancing through your career.

“When you get on the bus, you sit at the back of the bus because that’s just the way it is,” he said. “Then, if you progress through your career, you move up to eventually drive the bus.”

He added that everything should be leadership by example, but most important place honor above everything except integrity.

“Let that be your guide,” he said.

## 47th Flying Training Wing Command Chief Master Sergeants, Senior Enlisted Advisors

**Editor’s Note:** The following is a list of the current and former command chief master sergeants and senior enlisted advisors who served at Laughlin. The list was extracted from the wing histories. Some of the early dates are estimates as the first histories did not treat the senior enlisted advisor as key personnel.

### Command Chief Master Sergeants:

Current: Chief Master Sgt. Ted Pilihos  
2000: Chief Master Sgt. Stephen Enyeart  
1998: Chief Master Sgt. Randy Crist

### Senior Enlisted Advisors:

1997: Chief Master Sgt. Mark Woolard  
1994: Chief Master Sgt. Edward J. Killea  
1992: Chief Master Sgt. William Readron, Jr.  
1990: Chief Master Sgt. Daniel Winters  
1988: Chief Master Sgt. John Stocks  
1986: Chief Master Sgt. Kenneth Morrow  
1984: Chief Master Sgt. Darrell Worth  
1980: Chief Master Sgt. Bandy  
1977: Senior Master Sgt. Jimmy Harley  
1975: Senior Master Sgt. Emory Walker  
1972: Senior Master Sgt. John Lindsey  
1972: Chief Master Sgt. Beach Waters  
1972: Chief Master Sgt. Raymond Grigsby  
1971: Chief Master Sgt. Thomas Barnes



## Deployed commander leaves prepared, capable Airmen behind

Story by Airman 1st Class  
Olufemi A. Owolabi  
Editor

**H**ow well are you prepared for deployment and how ready are you to step up to the task in your home unit, in order to accomplish the mission, when key individuals in the squadron are deployed?

In support of contingency operations throughout the world, military members in the contracting career field are ready and willing to deploy, said Lt. Col. Michael Claffey, 47th Contracting Squadron commander.

Colonel Claffey, who returned in December from his first four-month deployment to Baghdad, Iraq, said his job there was extremely challenging. He performed many duties similar to those as a squadron commander here at Laughlin, with even more hands-on activity as a contracting officer. Performing these functions in a combat environment, however, made life markedly different, he said.

Therefore, it is vital for Airmen to know, before departing their home unit, the reality of life in a deployed location such as Iraq where there exists a greater operation tempo, with individuals working seven days a week and under the threat of imminent danger, he added.

Colonel Claffey deployed in August and was assigned to the oil sector of the Project and Contracting Office, which was divided into six sectors. This office is located in the International Zone in Baghdad, formerly known as the "Green Zone."

"When I arrived at the PCO in Iraq, I functioned as the sector lead for the oil sector and essentially, I was responsible for administering about \$1.3 billion worth of contracts to rebuild the Iraqi oil infrastructure," Colonel Claffey said. This was a tremendous responsibility and privilege, considering nearly 95 percent of the Iraqi economy is driven by revenue from their oil industry.

He attributed part of his success during the deployment to sufficient training he received within his squadron here. "In our squadron we focus on bi-weekly contingency contracting training and we include both our officers and the enlisted," he said. "As



*Courtesy photo*

**At deployed location, Baghdad, Iraq, Lt. Col. Michael Claffey, 47th Contracting Squadron commander, shows others his fit-to-fight spirit. Colonel Claffey was deployed in support of Operations Enduring Freedom and Iraqi Freedom from August to December.**

members from our squadron return from various deployments, we incorporate their real-world lessons-learned to improve the effectiveness of our training and the overall readiness of our unit."

The preparedness and awareness of Airmen, from ensuring members possess required equipment items to actual on-the-job training, proved to be beneficial while deployed, the colonel explained.

Although the deployment location was comprised of different services and ranks, he said the significant impact of Airmen is remarkable. "It is a multinational and joint U.S. military force environment," he said. "Though, sometimes we struggled with the joint aspect of the environment, we really need all services over there because we work together as one team striving to achieve the same goal. Without a doubt, Airmen play a critical role in executing the mission in support of the warfighter and the Iraqi people."

Also, this first deployment experi-

ence gave Colonel Claffey a newfound respect for the AEF system. "The AEF system ensures there is a constant flow of well-qualified Airmen to fill various positions," he said. "At times, our sister services are not as efficient as the Air Force in terms of the timely replacement and overlap of their deployed forces."

The colonel added that the system allows the Air Force to bring prepared Airmen with the necessary expertise to deployed locations.

Furthermore, he said the shorter duration of our deployments allows Airmen to be fully prepared, focused and make more impact when "they hit the ground."

While the commander was deployed, the mission at Laughlin continued without hindrances.

Colonel Claffey said while he was gone, his deputy here, in conjunction with other Airmen, were responsible for carrying on the responsibilities to accomplish the vital mission of the squadron.

"When the boss is gone, that's when the true test, in terms of readiness, occurs. Those left behind should be ready to carry on if the key individuals are gone," said Jesus Martinez, 47th CONS director of business operations. "This, obviously, requires a lot of preparation and focus on the mission, and other additional duties we have. Since the primary part of the Air Force mission is to deploy members, those left behind should be able to carry on. Their ability to carry on with the extra work load determines how well a squadron performs its mission."

Although the squadron did miss the folks that were gone, Mr. Martinez gave kudos to those left behind who were able to continue the mission and the leadership that prepared those individuals to take over.

"Deployment is a reality, but we just don't know when it's going to hit. It's critically important for us to prepare to do what we need to do in order to get the job done," Mr. Martinez said.



One ‘State of the Union’ moment address

By Gene Harper  
American Forces  
Press Service

WASHINGTON — Two women provided the most touching moments during President Bush’s State of the Union address Feb. 2.

They had so much, yet so little in common. Destiny — and a bit of planning — brought them together in a testament to America’s fight against global terrorism.

American Janet Norwood and Iraqi Safia Taleb al-Suhail were seated with the president’s wife, Laura Bush, in the House chamber perched above the ground- floor level where the president was delivering his speech to Congress. Al- Suhail was next to the first lady; Norwood, with her husband, Bill, was directly behind al-Suhail.

The president followed modern custom by introducing his special guests at opportune moments during his address. First, the spotlight shone on al-Suhail. The president called her “one of Iraq’s leading democracy and human rights advocates.”

“She says of her country,” he said, ““We were occupied for 35 years by Saddam Hussein. That was the real occupation. Thank you to the American people who paid the cost, but most of all to the soldiers.””

The senators, representatives, Defense Secretary Donald Rumsfeld and other Cabinet members, the Joint Chiefs of Staff and other invited guests heard Bush relate how Saddam’s intelligence service assassinated al-Suhail’s father 11 years ago. “Three days ago in Baghdad, Safia was finally able to vote for the leaders of her country,” Bush noted, “And we are honored that she is with us tonight.”

Amidst thunderous applause, al-Suhail stood and al-



Courtesy photo

Janet Norwood and Safia Taleb al-Suhail embrace at the Feb. 2 State of the Union address on Capitol Hill. Norwood’s son, Marine Sgt. Byron Norwood, was killed in action in Fallujah, Iraq, Nov. 13, 2004. Al-Suhail is an Iraqi who voted in the Jan. 30 elections.

ternately waved her index finger and gave the two-fingered Iraqi peace sign, her hand visibly shaking all the while.

Bush continued his speech, laying out successes and challenges facing Iraq, and then talked about the Norwoods.

He said that the Norwoods had traveled from Pflugerville, Texas, to represent their late son, Marine Sgt. Byron Norwood, killed in action on Nov. 13, 2004, in the fierce battle of Fallujah, Iraq, to wrest control of the city from insurgents.

“His mom, Janet, sent me a letter and told me how much Byron loved being a Marine and how proud he was to be on the front line against terror,” the president said, “She wrote,” he continued, ‘When Byron was home the last time, I said that I wanted to protect him, like I had since he was born.’

“He just hugged me and said, ‘You’ve done your job, Mom. Now it is my turn to protect you.’”

Bush then introduced the couple, who were both moved by the extended applause they received. Janet especially could barely contain her emo-

tions, her lip quivering and eyes watering.

Then came the defining moment: Al-Suhail turned around and embraced Janet. People nearby and the millions of television viewers around the word could clearly see Janet clutching her son’s military dog tags as she hugged al-Suhail. There they were — the ultimate symbols of the war against terrorism, liberated citizen and grieving mother, representing the burdens and hopes of democracy.

But there was more: To add to the poignant symbolism of this unfolding drama, as the two women parted, the dog tags became entangled in al-Suhail’s clothing. Janet Norwood carefully freed them. All the while, applause continued, with the president and first lady still looking on proudly.

“In these four years, Americans have seen the unfolding of large events,” Bush continued after the assembly had just witnessed the symbolic hug. “We have known times of sorrow and hours of uncertainty and days of victory. In all this history, even when we have disagreed, we have seen threads of purpose

that unite us.”

Janet Norwood and Safia Taleb al-Suhail are the literal embodiment of that purposeful unity.

“The attack on freedom in our world has reaffirmed our confidence in freedom’s power to change the world,” Bush said. “We are all part of a great venture: to extend the promise of freedom in our country, to renew the values that sustain our liberty, and to spread the peace that freedom brings.”

Visit [www.homelanddefensejournal.com](http://www.homelanddefensejournal.com). Subscriptions are free to federal, state, local and DoD supervisors and managers.

Chapel information



Catholic

Monday - Friday	● Mass, 12:05 p.m.
Saturday	● Mass, 5 p.m., Reconciliation, 4:15 p.m. or by appointment
Sunday	● Mass, 9:30 a.m., Religious Education, 11 a.m.
Thursday	● Choir: 6 p.m., Rite of Christian Initiation, 7:30 p.m.

Protestant

Wednesday	● Choir, 7 p.m.; Protestant Women of the Chapel Ladies’ Bible Study, 9 a.m.
Sunday	● General worship, 11 a.m., Contemporary worship, 9 a.m. in the base theater

Chaplain Staff

Wing chaplain:	Chap. (Lt. Col.) Joseph Lim, Roman Catholic
Senior Protestant:	Chap. (Capt.) Terri Gast, Presbyterian Church, USA
Protestant:	Chap. (Capt.) Alex Jack, Independent Christian Church
Protestant:	Chap. (Capt.) Kenneth Fisher, Evangelical Church Alliance

For more information on other denominations, chapel events or services, call 298-5111. For information on special events, see the Community Calendar on page 16.

The *XLer*

**Hometown:** Del Rio

**Family:**

**Time at Laughlin:** One year and 7 months

**Time in civil service:** Two years

**Greatest accomplishment:** Raising my daughters by myself

**Hobbies:** playing on the computer, raising my two lizards and keeping my girls busy in Girls Scout and 4-H

**Bad habit:** Not exercising

**Favorite movies:** “Casablanca,” “Breakfast Club,” and “Full Metal Jacket”

**If you could spend one hour with any person, who would it be and why?** If I could have one hour to tell my mother how I love her much, she was not only a mother to me but also my best friend. I have a lot to tell her and I’m not sure if an hour would be long enough.

**Lorie Wiggins**  
47th Maintenance Directorate

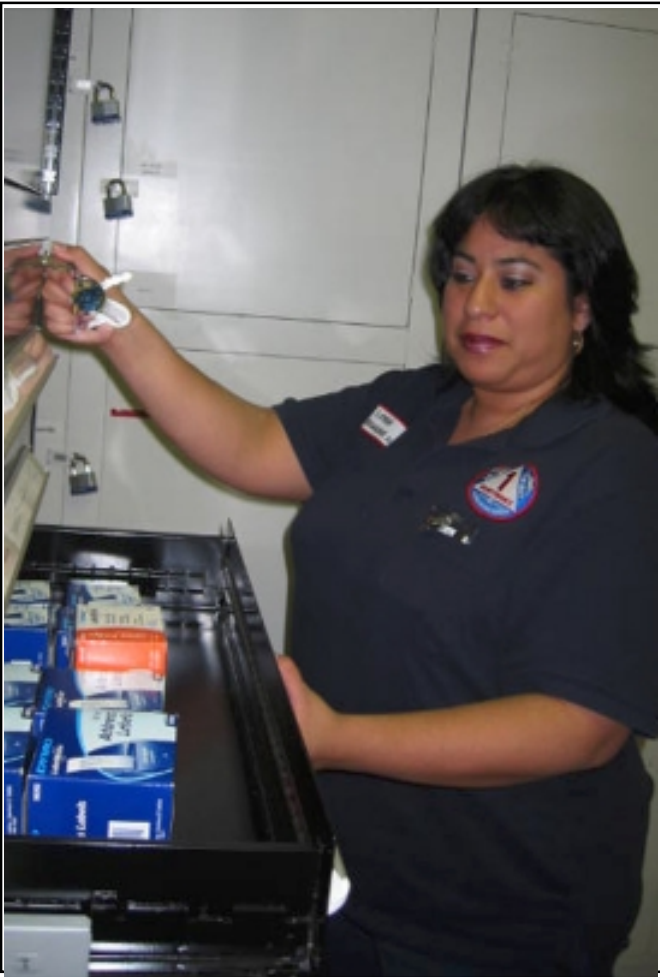


Photo by Airman 1st Class Olufemi Owolabi

Air Force News ONLINE

Access current news and information at United States Air Force Online News, the official newspaper of the United States Air Force  
With a simple mouse click go to  
[www.af.mil/news](http://www.af.mil/news)

■ Facts about FluMist ■

**Who can receive FluMist?**  
■ Healthy people, ages 5 to 49  
■ Women who are not pregnant  
■ Most out-of-home care givers  
■ Household contact of children less than 6 months  
■ Household contact of other person at high risk of influenza-related complications  
■ Most health-care workers  
**Who should not receive FluMist?**  
■ People less than 5 and people over 50 years old  
■ People with medical conditions such as heart or lung disease or people with illness that weakens the immune system  
■ Children or adolescents receiving daily aspirin  
■ People with history of Guillain-Barre syndrome, a rare disorder of the nervous system

■ People with a history of allergy to any of the components of FluMist or eggs  
**How effective is FluMist?**  
In one large study among children, 15 to 85 months, FluMist reduced the chance of influenza illness by 92 percent compared with placebo. Among adults, the study found 19 percent fewer severe febrile respiratory tract illness, 24 percent fewer respiratory tract illness with fever, 23 to 27 percent fewer days of illness, 13 to 28 percent fewer lost work days, 15 to 41 percent fewer health care provider visits, and 43 to 47 percent less use of antibiotics compared with placebo.  
**Can people who received a flu shot last season get FluMist this season?**  
Yes.  
**Are there any serious adverse effect associated with Flu Mist**

Use of Flu Mist may result in limited runny nose, sore throat, or fatigue. Serious adverse events, such as an allergic reaction are very uncommon.  
**Can FluMist be given the same time as other vaccines?**

Flu shots may be given at either the same time or at any time before or after FluMist. A live vaccine may be given together with FluMist. If the two live vaccines are not given at the same visit, they should be given more

than four weeks apart.  
**Can FluMist be given to patients when they are ill?**  
FluMist can be given to people with minor illnesses (e.g., diarrhea or mild upper respiratory tract infection with or without fever). However, if nasal congestion is present that might limit delivery of the vaccine to the nasal lining, then delaying of vaccination until the nasal congestion is reduced should be considered.  
**Can FluMist be used with influenza antiviral medications?**

If a person is taking an influenza antiviral drug, FluMist should not be given until 48 hours after the last dose of the influenza antiviral medication was given. If a person has received the FluMist, an antiviral medication should not be given until two weeks after the FluMist was administered. If, however, the patient is diagnosed with influenza antiviral illness and therapeutic use of antiviral is indicated, then treatment should begin immediately.  
**Does FluMist contain thimerosal?**  
No.

**Editor's Note:**  
Questions and answers compiled from Centers for Disease Control and prevention website at [www.cdc.gov/flu](http://www.cdc.gov/flu).  
For more information, call (800) CDC-INFO.

Tee time brings military members, NFL together

Story by  
2nd Lt. William Powell  
325th Fighter Wing  
*public affairs*

TYNDALL AIR FORCE BASE, Fla. — Ten servicemembers got a chance to share a tee time Feb. 5 with National Football League Hall of Fame members in their annual golf tournament in Jacksonville, Fla.

The servicemembers took to the greens with more than 26 hall-of-famers, including Ed “Too Tall” Jones, Lynn Swann, Bobby Mitchell and Charley Taylor.

Servicemembers are often invited to participate in hall-of-fame contests to show the NFL’s appreciation for the hard work and sacrifices they make while serving their country, said Nick Nicolosi, the tournament supervisor.

“Wherever the [football] tournaments go, we try to involve those in uniform if there are military bases nearby,” Mr. Nicolosi said.

“We began this tradition during Operation Desert Storm, and I think this was the best one yet because we had more football celebrities and military participants than in previous years,” Mr. Nicolosi

said. “The players really enjoyed interacting with all the servicemembers, and it’s the least we could do to say thank you.”

For most of the military participants, it was an exciting opportunity.

“I grew up watching Charley Taylor from the Washington Redskins in the early 1970s, and I’m still a Redskins fan,” said Navy Chief Petty Officer David Williams, from Blount Island Command Marine Base, Fla. “He is one of my heroes and happened to be my team’s captain for the tournament. It was a great honor to meet him.”

Coast Guard Petty Officer 1st Class Matt Ranieri, from Kings Bay, Ga., said playing on Charley Taylor’s team was the best thing that has happened to him in his military career.

“During the party the night before, I got to sit and talk with Paul Warfield, a hall of fame wide receiver from the Cleveland Browns and Miami Dolphins,” he said. “I worshipped him as a little kid, and I felt like an 8-year-old all over again.”

The weekend also enhanced relationships between the various military players, said Petty Officer Ranieri.

1X3  
Cinema

2X2 Vernda

2X2 Amistad Tax



Referral medicine continues to change

1st Lt. Jody Cowan  
47th Medical Group

Many changes are occurring throughout the 47th Medical Group clinic and in the TRICARE regional office in San Antonio.

Every time you visit our clinic, you will notice a new dust wall or a clinic in a different location. In San Antonio, the multi-market office is working hard to help us help you get the healthcare your doctor refers you to there.

Since Nov. 1, 2004, we've been working with Humana Military under the new generation of TRICARE healthcare coverage contracts.

One portion of these contracts greatly changes the way referrals and consults for specialty care and testing are processed. It's been a difficult transition. If you've been referred to a specialist since the new contract began, you'll notice you receive your notice by mail now. It usually takes about three-weeks from the time you see our doctors here until you receive a letter

from Humana Military advising you that the doctor's request has been approved and you are able to call to book your own appointment with the specialist, or that an appointment has been booked for you at Wilford Hall Medical Center or Brooke Army Medical Center.

However, sometimes, that letter doesn't arrive in your mailbox when you expect it to arrive. If after three weeks, you haven't heard anything about your referral or consult, you may wish to check up on that action.

You can always check the status on-line at [www.humana-military.com](http://www.humana-military.com). The registration process takes just a few moments, and from

there you can check on authorizations through the beneficiary services website. Or, you can call 1-800-444-5445 to talk directly with a representative at the TRICARE referral office in San Antonio.

If neither of those options is available, please call the 47th Medical Group's referral management center at 298-6396.

Please be prepared to leave a message with your name, telephone number, and the referral or consult you are calling about.

The Referral Management Center is working to eliminate any backlog of referrals and consults and to ensure appointments to Wilford Hall Medical Center or Brooke Army Medical Center are confirmed with our patients. We believe in the health of every person and work hard to treat every consult with a personal touch.



Sports writers needed

If you are interested in writing sport stories for the base paper, contact the public affairs office at 298-5988.

Intramural Basketball Standings

Team Name	Win	Loss
CES	8	2
CCS	6	5
MDG	0	10
MSS	7	8
SFS	3	9
84th/85th	4	7
86th	10	1
87th	3	9
LCSAM	12	1

XL Fitness Center hours

298-5251



Monday - Thursday:  
5 a.m. to 11 p.m.  
Friday:  
5 a.m. to 8 p.m.  
Saturday and Sunday:  
7 a.m. to 8 p.m.

Commissary hours

The commissary is open:  

<b>Tuesdays</b> 10 a.m. to 8 p.m.	<b>Friday</b> 8 a.m. to 6 p.m.
<b>Wednesdays</b> 8 a.m. to 6 p.m.	<b>Saturday</b> 9 a.m. to 6 p.m.
<b>Thursdays</b> 8 a.m. to 8 p.m.	<b>Sundays</b> 10 a.m. to 5 p.m.
<b>Mondays</b> Closed	

How are those New Year's Resolutions Coming?

By Bill Goins  
47th Flying Training Wing  
exercise physiologist

As the first few months of the New Year slip away, do you find your resolutions slipping away as well?

Resolutions should be reasonably attainable so that you are setting yourself up for success rather than disappointment. In other words, it is not a good idea to resolve that you will begin working out eight days a week at 5 a.m. rain or shine if you could not maintain a three-day-a-week schedule before that. Your chance of success will be low if you resolve to train for a marathon when just finishing that 1.5-mile run is a challenge for you.

Try focusing on small, intermediate goals that will ultimately lead you to your primary goal. Do not expect to be perfect. Aim for healthy lifestyle changes that you will be able to maintain for years to come.

Take Small Steps:  
Simply establishing the goal of leading a healthier lifestyle should

make you feel good about yourself. To make that goal more attainable, come up with small goals you know you can meet each day to help keep yourself feeling positive. Accomplishing the smaller goals will leave you with a more immediate feeling of success. If your goals are unreasonable, you may get caught up in them and be discouraged when you do not see immediate results.

Change for Yourself:  
Any goals that you set should come from a sincere desire to want to change for yourself. In other words, do not make the AF Fitness Assessment your goal. Choose a goal that is something you want to achieve for yourself. The byproduct of you reaching your own health and fitness goal will be that you perform better on the AF test.

Be Creative:  
If you need to spend more time with your family and you need to get back into shape, exercise with your family members. Go on bike rides together or walks after work. Not only will you be improving your own health and fitness levels, but you will be in-

stilling healthy, positive habits in your children that they can take with them into adulthood.

Plan to Succeed:  
Schedule your workouts just as you would a meeting at work. Have alternate workouts ready if weather or other factors prevent you doing the workout that you planned. If you are going to workout in the morning, set your clothes and other necessities out the night before. If nutrition is an issue for you, plan your meals. Plan each of your meals throughout the day. This will help you avoid unwanted snacking or binge eating.

The Bottom Line:  
Just because it is not January any more does not mean that you cannot begin your New Year's Resolution now. It is still a new year. It will still be a new year in July.

If you need to make healthy lifestyle changes...then Happy New Year! It is time to get started.

If you have a question for the Exercise Physiologist, please email your question to [William.goins@laughlin.af.mil](mailto:William.goins@laughlin.af.mil).